



Ageless

FREE

A Newsletter for Juneau County Seniors & Adults with Disabilities

NOTES FROM CHAR NORBERG, DIRECTOR

What did the bee say to the other bee in the summer?

Swarm here isn't it!

Hello Everybody!

Well, here we are in August. It has been quite a summer with the days and weeks swinging between hot and cool. I hope you all have been enjoying some picnics and warm summer walks. The Elroy Fair and Wa Du Shuda Days have come and gone. This month is the Juneau County Fair. Congratulations to the 10 winners of the Cowtastic CowMOOnity event. Make sure you stop by the Juneau County Fair and vote for your favorite cow of the 10 selected.

Did you know that each year on the third Saturday in August we celebrate National Honey Bee Day? What is National Honey Bee Day, you ask? Well, this is the day that we show our appreciation for the hard working honey bee, who works so hard to produce the liquid sugary treat that is loved so much by bees and humans.

Speaking of hard working, did you know that many bees have to travel 55,000 miles to produce just one pound of honey? To get that pound of honey, those bees need to gather nectar from two million flowers. A single bee will gather just a

1/2 teaspoon of honey in its lifetime. After all of this hard work, honey bees deserve this special day of recognition.

This sweet day was declared by Thomas J. Vilsek, the U.S. Secretary of Agriculture, on August 11, 2009 for beekeepers, as a way to promote honey and to encourage educational programs. Because this day was declared by the U.S Secretary of Agriculture, it is a "true" national holiday! It is sponsored by Pennsylvania Agriculture, Inc. But, this is too special a day to limit to the beekeepers. We appreciate hard-working honey bees, too. After all, they produce honey that we enjoy, and they are vital to the pollination of a wide array of our fruits and vegetables. Now, that's certainly something to appreciate!

Tuesday, August 8 we will be having our monthly Dine at 5 at Bluff's Senior Dining site in Camp Douglas, at the Village Hall. People aged 60 and older are welcome to join us for good food and good fun. We hope to see many of you there. Don't forget to call at least 24 hours in advance to reserve your meal!

I hope everyone enjoys the rest of the summer. Stay cool!

AUGUST 2017 ISSUE NUMBER 44

CENTER INFORMATION AND CONTACTS

Our Mission

The Aging and Disability Resource Center of Eagle Country—Mauston is dedicated to working with adults and families who are affected by aging, disability, mental health or substance abuse issues, by providing information and access to services to enhance their quality of life.



Aging & Disability Resource Center of Eagle Country--Mauston

Contact Information

Phone 608-847-9371
Toll Free..... 877-794-2372
Website www.adrceagle.org
Office Hours Monday-Friday, 8:00am-4:30pm
Address 220 E. La Crosse Street
Mauston, WI 53948

Find us on  Juneau County ADRC of Eagle Country Mauston Office

Services

Information & Assistance

Transportation

The ADRC can connect you with access to transportation to reach your destination. Whether you need to get to a medical appointment or pick up groceries, the ADRC can provide you with a variety of options.

Contact us to see what is available in your area.

Wellness and Prevention

The ADRC provides access to many evidence prevention programs through partnerships with local hospitals, clinics, senior centers and fitness centers. Contact our Mauston office for a listing of programs in your area.

Staff:

DirectorChar Norberg

Lead Information & Assistance Specialist.....
.....Nickie Preuss

Information & Assistance Specialist.....
.....Mary Murray

Disability Benefit Specialist.....
.....Jessica Hoehn

Elder Benefit Specialist.....Barb Gartland

Medicare Part D Benefit Specialist.....
.....Norma Phillips

Secretary II Karla Faulkner

Adult Center/Transportation Coordinator.....
.....Lynn Martin

OAA Support Coordinator.....
.....Angela Pokorney

Lynn Martin, Newsletter Editor608-847-9371
lmartin@co.juneau.wi.us

Volunteers.....Norma Smith,
Blanche Dallman, Carol Arens, Marilyn Walden,
Norma Frank & Susan Ballayan

Are you in need of a walker,
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AUGUST 2017

EVENT CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Caregiver Support Group at United Methodist Church Mauston 10am-11am	2	3 Watermelon Day 	4	5
6 Friendship Day 	7 Purple Heart Day 	8 Dine at 5 	9	10 S'mores Day 	11	12
13 Juneau County Fair Begins 	14	15 National Relaxation Day 	16	17 National Thrift Shop Day 	18	19
20 Juneau County Fair Ends 	21 Committee on Aging & Disability Meeting 9:30am Rm 1 Courthouse Basement	22	23	24	25 World Daffodil Day 	26
27	28	29 NL/Nec Community Supper 4:30-6pm at New Lisbon Community Center	30 Elroy Community Supper 4:30-6pm at Methodist Church	31 Mauston Sharing Supper 5-6:30pm at Mauston High School		

Senior Bus Trips For August

1st Friday—Mauston to

La Crosse

2nd Friday—Elroy, Wonewoc,

Union Center & Camp Douglas to **Reedsburg**

3rd Friday—Mauston to **Baraboo**

4th Friday—Lyndon Station, New Lisbon & Necedah to **Montello**



We have a trip scheduled for August 17th to the Juneau County Fair.

Lunch is Dutch treat. Cost is **\$7. 50.**

Call 847-9371 to reserve your spot.

Don't forget there is a trip to Maggie Mae on Sept. 21st. We will have an alternate list; so if someone can't go, we will contact someone from the alternate list. The trip on May 25th was a huge hit!

Sign up soon to reserve your spot for these trips!

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5	9		2	7			4	
6	8	7		4	3	1		
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8		3	4					
		2	3	1		4	7	8
	1			2	4		3	5
3				9		6		2

August Birthdays

3—Ellen Johnson, John Southworth,

6—Kierstan Schmid, 7—Dean Walsh,

14—Bill Zenk, Ethel Mae Baldwin,

20—Carol Gross, Shirley Demaske,

24—Mary Murray, Joan Bailey,

28—Jackie Zenk

If your birthday is not listed and you would like it listed, please contact our office.

1960s History Trivia

1. Who was the first African-American named Supreme Court Justice in 1967?
2. In 1964, Jack Ruby was convicted of murdering which other accused assassin?
3. Who was assassinated in November 1963?
4. What new type of telephone was invented in 1963?
5. Who delivered the famous "I have a dream" speech in 1963?
6. Russia imprisoned Gary Powers in 1960 for spying. What type of plane did he fly?
7. What did the U.S. Postal Service add in 1963 that is part of every address today?
8. What iconic anti-war novel did Joseph Heller publish in 1961?

HATCH HAPPENINGS

Every Body Yoga

with Erica Horton, NSCA-CPT

A free, basic, beginners yoga program that focuses on strength, flexibility and stress relief.



Wednesdays at 6pm

Community Room of the Hatch Public Library

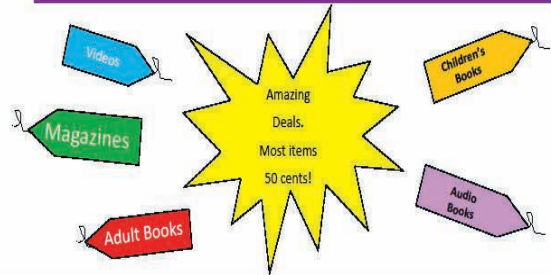
For more information call 567-8673.

Friends of Hatch Public Library Book Sale

Friday, August 4, 9am - 5pm

Saturday, August 5, 9am - 3pm

Sale is located in the LOWER LEVEL of the Library!



Dr. Christopher Eckerman, DPM

Physician/Surgeon of the Foot and Ankle

Dr Eckerman, is seeing patients at two convenient locations:

Mauston Clinic

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Reedsburg Clinic

Reedsburg Area Medical Center Specialty Group, 1104-21st Street, Reedsburg



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CAREGIVER ASSISTANCE NEWS

Elder Abuse & Neglect

In the U.S., according to the CDC, each year, hundreds of thousands of adults over the age of 60 are abused, neglected, or financially exploited. Elder abuse, including neglect and exploitation, is experienced by 1 out of every 10 people, ages 60 and older, who live at home. This statistic is likely an underestimate because many victims are unable or afraid to disclose or report the violence.

Many elderly adults are abused in their own homes, in relatives' homes, and even in facilities responsible for their care. If you suspect that an elderly person is at risk from a neglectful or overwhelmed caregiver, or being preyed upon financially, it's important to speak up. Learn about the warning signs of elder abuse, what the risk factors are, and how you can prevent and report the problem.

Although tensions can mount in the most loving families and result in frustration and anger, an emotionally damaging or physically forceful response is *not* okay. When this happens, call for a time-out, and call for help.

You may find it difficult to imagine that the words "abuse" and "neglect" could be used to describe the way you treat the person in your care—whether he is a relative, friend, or client. Most caregivers do their best, but abuse and neglect can happen. The risk is higher when there is a history of domestic violence in the home and the senior's *own* tendency toward verbal or physical aggression. Additionally, substance abuse can impede a caregiver's ability to provide adequate care. It also increases the risk of financial abuse as the caregiver struggles to finance a substance abuse habit. Violence occurs at disproportionately higher rates among adults with disabilities. Also, people with dementia are especially vulnerable to mistreatment. Understanding dementia, knowing how best to communicate with a person with dementia, and having adequate support for yourself can go a long way toward preventing abuse.

Types of Elder Abuse

Sometimes caregivers become exhausted, and resentment starts to build, especially when caring for someone with dementia or a very difficult or abusive person. Elder abuse can take many forms:



- **Neglect**—failure to fulfill a caretaking obligation—constitutes more than half of all reported cases of elder abuse. It can be *intentional* or *unintentional*, based on factors such as ignorance or denial that an elderly person needs as much care as he or she does. This can be refusing to provide food, medicine and personal care, such as bathing or helping a person with toileting; over-medicating; or withholding eyeglasses, dentures or walking aids.
- **Physical violence**—Slapping, kicking or sexual abuse. Physical elder abuse is a non-accidental use of force against an elderly person that results in physical pain, injury, or impairment. Such abuse includes not only physical assaults such as hitting or shoving but the inappropriate use of drugs, restraints, or confinement.
- **Emotional abuse**—Intentionally keeping the person from friends and family; verbally attacking or demeaning him.
- **Financial abuse**—Stealing money, credit cards or property; tricking a senior into signing documents, such as wills.

If a senior's behavior changes and appears to be fearful of a caregiver or family member and you suspect elder abuse, contact the **Adult Protective Services Agency** in your county department of human services or call your local **Area Agency on Aging** for guidance. If someone you care about is in imminent danger, call 911 NOW. If your concern is for someone who lives in another state, call the elder Care locator [(800) 677-1116] for in-state help-line phone numbers. All these hotlines are free and anonymous.

Dehydration Prevention

As a person ages, he feels less thirsty, so a special effort should be made to provide enough fluids. A person's fluid balance can be affected by medication, emotional stress, exercise, nourishment, general health, and the weather. Dehydration, especially in the elderly, can increase confusion and muscle weakness and cause nausea. Nausea, in turn, will prevent the person from wanting to eat, thereby causing more dehydration. Encourage the person to drink 6-8 cups of liquid every day (or an amount determined by the doctor).

Protecting Seniors from Scams

Seniors are more likely to become the victim of exploitation and, if cognitively impaired, can be twice as vulnerable. Scammers make a special effort to lure trusting seniors; they will entice a senior with false lottery winnings, fake inheritances, illegitimate sweepstakes, or “special” opportunities to donate to their charity. The elderly have the right to be free from intimidation, harassment, and abuse.

Be Aware, Alert

Thieves can break into a person’s privacy with little more than their name off a mailbox. In many cases that’s all a crook needs to find who lives in the house and even their age can be linked online. Use special caution where con artists connect with potential victims:

- ✦ By way of the phone asking for personal, credit card or social security information.
- ✦ In the postal mail offering free concert tickets or sending flyers “just for you” with special opportunities.
- ✦ The Internet offers us the convenience of email and shopping; but keep in mind, it is a predator’s tool for mining unauthorized personal information.
- ✦ Door-to-door sales are still used today to steal your valuables.

Taking Care of Yourself—Confidence-Boosting Skills

Why do some caregivers feel weighed down and hopeless when dealing with a difficult person in care, and the rare caregiver seems to be able to handle those tough situations and stay on top? According to some experts, those caregivers have certain skills that enable them to handle situations with greater ease. The skills include patience, spontaneity, self-confidence, empathy, and ability to forgive.



SAFETY TIPS—Health Scams

Seniors are vulnerable to health scams. Remind the person in your care to question what he or she sees or hears in ads or online and to ask their doctor, nurse, healthcare provider, or pharmacist about a product before he or she buys it. Look for red flags in ads that:

- ★ Promise a quick or painless cure for a wide range of ailments
- ★ Claim to cure a disease (such as arthritis or Alzheimer’s disease) that hasn’t been confirmed by medical science
- ★ Promise a no-risk, money-back guarantee
- ★ Offer an additional free gift or a larger amount of the product as a special promotion
- ★ Require advance payment and claim there is a limited supply of the product

Federal Trade Commission Consumer Complaint
Line 1-877-382-4357 <http://www.ftc.gov>

Inspiration

*We are responsible for the hurt
we cause people no matter how
thin-skinned we think others
may be.*

Don’t Fall—Be Safe

As people age, reflexes slow, causing a fall when a senior cannot quickly regain balance following a sudden movement, such as quickly moving out of the way when something accidentally falls. Exercising to improve leg strength can help improve balance.

BUS SCHEDULE



Juneau County Accessible Bus Schedule August 2017

	Mon	Tue	Wed	Thu	Fri
July 31-Aug 4 (1st week)	Elroy, Union Center, Wonewoc area to Richland Center	Lyndon Station area to Mauston	New Lisbon and Camp Douglas area to Mauston	Necedah area to Mauston	Mauston to La Crosse
Aug 7-11 (2nd week)	Lyndon Station area to Baraboo	New Lisbon and Camp Douglas area to Tomah	Necedah area to Tomah	Elroy, Union Center, Wonewoc area to Richland Center	Elroy, Wonewoc, Union Center & Camp Douglas to Reedsburg
Aug 14-18 (3rd week)	New Lisbon and Camp Douglas area to Mauston	Necedah area to Mauston	Elroy, Union Center, Wonewoc area to Mauston	Trip to Juneau County Fair	Mauston to Baraboo
Aug 21-25 (4th week)	Necedah area to Mauston	Elroy, Union Center, Wonewoc area to Mauston	Lyndon Station area to Mauston	New Lisbon and Camp Douglas area to Mauston	Lyndon Station, New Lisbon & Necedah to Montello
Aug 28-Aug 30 (5th week)	Elroy, Union Center, Wonewoc area to Richland Center	Lyndon Station area to Baraboo	New Lisbon and Camp Douglas area to Tomah	Necedah area to Tomah	

Aging and Disability Resource Center of Eagle Country
Mauston Office
 220 La Crosse St
 Mauston WI 53948
 Phone: (608) 847-9366
 Fax: (608) 847-9442
 E-mail: jcadrc@co.juneau.wi.us

Transportation is door-to-door service with 48-hour advance notice for scheduling.

Please call the ADRC at (608) 847-9371 to schedule transportation.

Trip Costs:

Nutrition site only: \$0.50 each way
 In-Town: \$2.00 each way
 In-County: \$6.50 round trip
 Out-of-County: \$7.50 round trip
 Each trip includes 2 stops. Three or more stops will be 50¢ each stop. Friday shopping trips are excluded from this charge.
 Trip costs are per person.

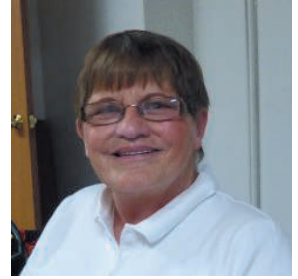
If you have any suggestions for bus trips, please call our office.

VOLUNTEER SPOTLIGHT

Volunteer Spotlight for August: Bette Smart

Why do you volunteer?

I volunteer because I'm retired and have the time and because I think the ADRC is very, very necessary entity for our county. It is really a necessary service for so many people. The ADRC and the work it does is so crucial to the community and a necessary service for so many people that live in Juneau County. Being disabled myself and able to still volunteer, I can see the needs of a lot of people and see how fortunate I am.



Are there other volunteer opportunities that you take part in?

I am very active with my church in a volunteer role and stay very involved with that. I just completed a term for around 12 years for the police and fire commission. I volunteer to be a poll worker for elections.

Tell us something about yourself.

I am an avid Wisconsin Badgers football and basketball fan and go to those events faithfully. *How long have you been volunteering?*

I have been actively volunteering since I retired in 2004. Prior I was a district administrator which included some volunteer work as part of the duties.

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WONEWOC MENU

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 1 Cheesy Broccoli Soup Shaved Turkey Club Sandwich Tropical Fruit Rice Krispy Treats	Aug 2 Salmon Loaf Baked Potato with Sour Cream Carrots Peaches Chocolate Cake Bread & Butter	Aug 3 Hamburger Gravy Mashed Potatoes Corn Pears Bread & Butter Dime BINGO	Aug 4 Fried Cod French Fries Peas Fruit and Jell-O Fluff Salad Bread & Butter
Aug 8 Tator Tot Casserole Green Beans Grapes Cookie Bread & Butter Our House BINGO	Aug 9 Chicken Noodle Soup BLT Coleslaw Fruit Cocktail Brownie	Aug 10 BBQ Pork Sandwich Mashed Potatoes with Milk Gravy Three-Bean Salad Mandarins Lemon Cake	Aug 10 Fried Cod Cheesy Potatoes Scalloped Corn Fruit Cocktail Bread & Butter
Aug 15 Roast Turkey Mashed Potatoes and Gravy Stuffing Mixed Vegetables Fruited Jell-O	Aug 16 Taco Salad Kidney Bean Salad Texas Toast Banana Pudding	Aug 17 Boiled Dinner Macaroni Salad Apple Pie Dinner Roll with Butter Dime BINGO	Aug 18 Fried Cod French Fries Brussel Sprouts Apple Sauce Cookie Bread and Butter
Aug 22 Chicken Pot Pie Cottage Cheese Tomato Salad Fruit Cocktail Cookie Bread and Butter	Aug 23 Lasagna Green Beans Mixed Melons Bread and Butter Crafts	Aug 24 Tuna Casserole Broccoli Salad Peaches Cheesecake Bar Bread and Butter	Aug 25 Fried Cod Baked Potato with Sour Cream Green Bean Casserole Apple Sauce Brownie
Aug 29 Sloppy Joe Potato Salad Corn on the Cob Mandarin Oranges Spice Cake	Aug 30 Chicken Cordon Bleu Scalloped Potatoes Green Beans Spiced Apple Rings Bread and Butter	Aug 31 Salisbury Steak Mashed Potatoes and Gravy Asparagus Pineapple Cookie Bread and Butter	Bernie's Wagon Wheel II 229 Center St. Wonewoc 464-7217 Serving Time 11:30-12:15

MENU FOR MAUSTON, LYNDON STATION & BLUFFS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Mauston: 547-2802 Bluffs: 547-2213 Lyndon Station: 666-2423	Aug 1 Chicken Pot Pie Green Beans Biscuit Mandarin Oranges	Aug 2 Beef Patty on a Bun Creamy Coleslaw Boston Baked Beans Peaches	Aug 3 Turkey & Gravy Mashed Potatoes Broccoli Bread Banana
Aug 7 Meatloaf & Brown Gravy Mashed Potatoes Candied Carrots Dinner Roll Peach Cobbler	Aug 8 Chicken Patty on a Bun Corn Creamy Coleslaw Fruit Cookie	Aug 9 Spaghetti and Meatballs Lettuce Salad Garlic Bread Mandarin Oranges Gelatin	Aug 10 Beef Roast with Gravy Baked Potatoes with Cheese and Sour Cream Bread Broccoli Peaches
Aug 14 Turkey Tetrazzini Spinach Dinner Roll Banana Gelatin	Aug 15 Hearty Vegetable Egg Salad Sandwich Creamy Coleslaw Mandarin Oranges Pudding	Aug 16 Chili Macaroni Broccoli Lettuce Salad Biscuit Pineapple Tidbits	Aug 17 Baked Chicken Scalloped Potatoes Cauliflower Bread Peaches
Aug 21 <u>Senior Citizen Day</u> BBQ Chicken Mashed Potatoes California Blend Dinner Roll Peaches <i>(Mauston will have cake & ice cream after lunch)</i>	Aug 22 Goulash Bread Broccoli Lettuce Salad Mandarin Oranges	Aug 23 Beef Roast Dirty Rice Dinner Roll Peas Creamy Coleslaw Canned Mixed Fruit	Aug 24 Tator Tot Casserole Stewed Tomatoes Bread Pineapple Tidbits Peach Cobbler
Aug 28 Cream Broccoli Soup Chicken Salad Sandwich Lettuce Salad with Tomato Pineapple Tidbits Cookie	Aug 29 Pork Loin Rice Pilaf Peas Carrots Peaches	Aug 30 Baked Chicken Boston Baked Beans Squash Dinner Roll Strawberry Shortcake	Aug 31 Tuna & Noodle Casserole Corn Lettuce Salad Bread Banana

All menus are subject to change without notice.

ELROY MENU

MONDAY	TUESDAY	THURSDAY	FRIDAY	
Grace Lutheran Church 226 Erickson St. Elroy, WI 608-462-5175	Aug 1 Tacos—Meat, Chips, Lettuce, Tomato, Sour Cream, Cheese Spanish Rice Fruit Bars	Aug 3 Soup and Salad Bar (Variety of several soups and salads) Fruit Dinner Roll Dessert	Aug 4 Fried Fish Macaroni Salad Coleslaw Fruit Dinner Roll Chocolate Chip Cookie	
	Aug 7 Pork Roast Mashed Potatoes/Gravy Peas Roll Fruit Root Beer Float	Aug 8 Brat or Hot Dog on Bun Potato Salad Baked Beans Fruit Jell-O	Aug 10 Beef Stroganoff Over Noodles Stewed Tomatoes Fruit Roll Bar	Aug 11 Tuna Casserole or Chicken Casserole Salad Fruit Roll Dessert
	Aug 14 Ham Scalloped Potatoes Corn Casserole Fruit Roll Orange Creamsicle Dessert Bars	Aug 15 <u>Breakfast Menu</u> Bacon, Ham Cheese Quiche American Fries Fruit Coffee Cake	Aug 17 Baked Chicken Potatoes and Gravy Cauliflower with Cheese Sauce Cranberries Corn Bread Cake	Aug 18 Spaghetti with Meat Sauce Salad Cottage Cheese Garlic Bread Fruit
	Aug 21 La Farge Bologna Roasted Potatoes Carrots Roll Fruit Cookie	Aug 22 Beef Stew with Vegetables Cottage Cheese Fruit Roll	Aug 24 Salisbury Steak Mashed Potatoes Spinach or Green Beans Fruit Roll Peach Swirl Cake	Aug 25 Fish—Fried or Baked Potato Pancakes Coleslaw Banana Split Dinner Roll
	Aug 28 Chicken N Biscuit Squash Salad Fruit	Aug 29 Hamburger Chop Suey with Rice Oriental Salad Fruit Roll Dessert	Aug 31 Ribs ‘N’ Kraut Mashed Potato Roll Fruit	Serving at 11:45A.M. Suggested Donation \$3.75 Milk served each day Fresh Baked Rolls

FUN & GAMES

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BENEFIT SPECIALIST

MEDICARE OPEN ENROLLMENT

Open enrollment for Medicare plans in 2018 is Oct 15 through Dec 7, 2017. This is the time of year that Medicare beneficiaries who are enrolled in part D prescription plans can review their plan to determine if it is still the best one for them. Because insurance companies can change their premiums, deductibles, and co-pays, switching to a different plan often results in extra money in your pocket!

If you had changes in your medications this year, it seems obvious that looking into a new plan is a good idea. But even if you have not had changes, sometimes the different pricing structure an insurance company imposes will mean that the cost may increase next year. Likewise a different company may now offer a better coverage for your medications. Some people save hundreds of dollars in a year by switching to a different part D plan.

Another avenue to saving money on prescription drugs next year is the Extra Help program. Extra Help reduces your drug cost by decreasing premiums, deductibles and co-pays for medications based on your income and asset level.

ADRC staff will assist you through this open enrollment. If you join us at one of our group sessions, we can share information so you can review your plan online or worksheets for you to fill out so we can review your plan on Medicare.gov and advise you on options. Please bring your medication sheet and your insurance information if you plan to have our staff update your information. Personal information will be treated confidentially. Call 608-847-9371 to sign up for local trainings/meals.

On September 14th (1pm-4pm) we will present Medicare training with Mile Bluff staff. This overview of the entire Medicare system is helpful to those who are new to Medicare and those to wish to clarify the options available.

We will reach out to the county by presenting topics specific to open enrollment at each of our senior dining centers. Consider coming to learn about these benefits if you have Medicare and share a meal with your neighbors if you are 60 years of age or better. Remember to call the ADRC at 608-847-9371 and sign up so we have enough meals and handouts.

September County-wide Senior Dining Outreach

Bluffs Senior Dining (Village Hall, 304 Center St, Camp Douglas)
Sept 12th 3pm-5pm (Dine at 5 will follow)

Lyndon Station Senior Dining (Beagles Bar & Grill, 107 W Flint St, Lyndon Station)
Sept 18th 12pm-2pm (lunch prior to training)

Elroy Senior Dining (Grace Lutheran Church, 226 Erickson St, Elroy)
Sept 21st 9:30-11:30 (lunch follows the training)

Mauston Senior Dining (220 E La Crosse St, Mauston)
Sept 26th 1pm-3pm (lunch prior to training)

Wonewoc Senior Dining (Bernie's Wagon Wheel, 229 Center St, Wonewoc)
Sept 28th 12pm-2pm (lunch prior to training)

Assistance with plan comparisons can also be obtained through the following resources:

- 1-800-MEDICARE or www.medicare.gov
- Medigap helpline 1-800-242-1060
- Disability Drug Helpline 1-800-926-4862 (if under 60)
- Wisconsin Medigap Prescription Drug Hotline 1-855-67PART D

SOCIAL SECURITY Q & A

Question:

I can't seem to find my Social Security card. Do I need to get a replacement?

Answer:

In most cases, knowing your Social Security number is enough. But, if you do apply for and receive a replacement card, don't carry that card with you. Keep it with your important papers. For more information about your Social Security card and number, and for information about how to apply for a replacement, visit www.socialsecurity.gov/ssnumber. If you believe you're the victim of identity theft, read our publication *Identity Theft and Your Social Security Number*, at www.socialsecurity.gov/pubs.

Question:

How many Social Security numbers have been issued since the program started?

Answer:

Since 1935, we have assigned more than 465 million Social Security numbers and each year we assign about 5.5 million new numbers. With approximately 1 billion combinations of the 9-digit Social Security number, the current system will provide us with enough new numbers for several generations into the future. To learn more about Social Security numbers and cards, visit www.socialsecurity.gov/pubs/10002.html.

Question:

What is the maximum Social Security retirement benefit?

Answer:

The maximum benefit depends on the age you retire. For example, if you retire at full retirement age in 2016, your maximum monthly benefit would be \$2,639. However, if you retire at age 62 in 2016, your maximum monthly benefit would be only \$2,102. If you retire at age 70 in 2016, your maximum monthly benefit would be \$3,576. To get a better idea of what your benefit might be, visit our online *Retirement Estimator* at www.socialsecurity.gov/retire/estimator.html.



SOCIAL SECURITY AND MEDICARE ARE LASTING SOURCES OF INDEPENDENCE

By Rhonda Whitenack and Jim Czechowicz

Social Security public affairs office in Bloomington and St Paul

In July, communities everywhere celebrate our nation's independence with fireworks, family, and friends. A strong community also creates independence as we help each other recognize our full potential.

Social Security has been helping people maintain a higher quality of life and a level of independence for over 80 years and Medicare has been doing the same for over five decades. Most people first become eligible for Medicare at age 65. For many older Americans, this is their primary health insurance and without it, they might not enjoy an independent lifestyle.

Medicare can be a little confusing to newcomers so we've broken it down into segments. The four parts of Medicare are as easy as A, B, C, and D.

Part A (Hospital Insurance) helps cover inpatient hospital care, skilled nursing care, hospice care, and home health care. Most people get Medicare Part A premium-free since it is earned by working and paying Social Security taxes.

Part B (Medical Insurance) helps cover services from doctors and other outpatient health care providers, outpatient care, home health care, durable medical equipment, and some preventive services. Most people pay a monthly premium for Part B. Some high-income individuals pay more than the standard premium. If you don't enroll in Medicare Part B during your initial enrollment period and then decide to do so later, your coverage may be delayed and you may have to pay a higher monthly premium for as long as you have Part B.

Part C (Medicare Advantage) allows you to choose to receive all of your health care services through a provider organization. This plan includes all benefits and services covered under Part A and Part B, usually includes Medicare prescription drug coverage, and may include extra benefits and services at an extra cost. You must have Part A *and* Part B to enroll in Part C. Monthly premiums vary depending on the state where you live, private insurer, and whether you select a health maintenance organization or a preferred provider organization.

Part D (Medicare prescription drug coverage) helps cover the cost of prescription drugs. Many people pay a premium for Part D. However, people with low income and resources may qualify for *Extra Help* to pay the premium and deductible. If you don't enroll in a Medicare drug plan when you're first eligible, you may pay a late enrollment penalty if you join a plan later. You will have to pay this penalty for as long as you have Medicare prescription drug coverage. To see if you qualify for extra help visit www.socialsecurity.gov/prescriptionhelp.

Will you be age 65 soon? Even if you decide not to retire, you should apply for Medicare. You can apply in less than 10 minutes using our online Medicare application. Visit www.socialsecurity.gov/medicare to learn more about applying for Medicare.

Asking for Help

Everyone needs help from time to time. Sometimes a crisis occurs – an accident, major change in health or the death of someone close. Sometimes it is just a tough week when lots of little things go wrong. And still other times we simply find we are unable to do all the things we used to do. As a caregiver, the responsibilities can feel purely overwhelming at times. Whatever the case, we all find ourselves in a position where we need a little bit of help.

It can be so hard to ask for help! We are taught to take care of ourselves and see asking for help as a sign of weakness. We may tell ourselves that it will get better or that there isn't anything anyone else can do anyway. As a caregiver, we may feel that no one else can really do our job. We may even talk ourselves into thinking we actually don't need help, but deep down, we know we could use some assistance. Admitting that we need help is the first step to getting help.

When you are ready to ask for help, be specific in what you need the most. Sometimes you need something tangible like a ride to the store or an appointment, your lawn mowed, your house cleaned, a meal prepared or just a little break from caregiving. Other times you may just need someone to talk to or a shoulder to cry on. If you can't figure out what you need, ask a friend, relative or counselor to help you. Write down your needs. Allowing yourself to name your needs can be hard, but it is a necessary step to getting help.

While you review your list of needs, determine the times you need help the most so that you may arrange for help ahead of time. Then think about the people you know who you might be able to help. Consider asking neighbors, people you've met at church or community centers as well as family and friends. Many people would feel honored to be asked to help. There also may be people at the Aging & Disability Resource Center that could offer assistance.

The next step is directly asking for help. It is best to be specific in your request, "Could I get a ride to the grocery store sometime today or tomorrow?" or "Would you be able to rake my leaves this weekend?" or "Would you like to have coffee with me tomorrow – I need someone to talk to." By being specific, it is more likely for your need to be fulfilled and it also makes it easier for the person helping to know exactly what you want. If the answer to your request is no, don't get discouraged. It may take a few tries to get someone who can assist you.

Sometimes when people offer to help it may catch you off guard, and you can't think of anything you need right at that moment. To remedy this, keep a pencil and paper handy and write down the various things you could use help with as you think of them. Then when people ask, "How can I help you?" you can simply consult your list and give them a specific task. Writing things down as you think of them helps you remember the things you would like assistance with, and it also allows people to choose something that they feel most comfortable with.

Once you have successfully allowed others to assist you, continue to evaluate your situation. Needs change. You may find that you no longer need the help you did before or there may be different areas where help is needed. Just make sure you are getting all your needs met so you can be as healthy and happy as possible.

Jane Mahoney
Older Americans Act Consultant
Greater Wisconsin Agency on Aging Resources

RECIPE

Smothered Chicken Breasts

Ingredients:

4 boneless skinless chicken breast halves (6 ounces each)
1/4 teaspoon salt
1/4 teaspoon lemon-pepper seasoning
1 tablespoon canola oil
8 bacon strips
1 medium onion, sliced
1/4 cup packed brown sugar
1/2 cup shredded Colby-Monterey Jack cheese

Directions:

1. Sprinkle chicken with salt and lemon-pepper. In a large skillet, cook chicken in oil for 6-7 minutes on each side or until a thermometer reads 165°; remove and keep warm.



2. In same skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels; drain, reserving 2 tablespoons drippings.
3. In drippings, sauté onion and brown sugar until onion is tender and golden brown. Place two bacon strips on each chicken breast half; top with caramelized onions and cheese. Yield: 4 servings

If you have a recipe you would like to share, mail it to: ADRC, 220 La Crosse St., Mauston, WI 53948 or email it to: lmartin@co.juneau.wi.us.

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- 10% of all hospital admissions are the result of patients' failure to take prescriptions medications correctly
- At any given time, up to 59% of those on five or more medications are taking them improperly
- Approximately two-thirds of all patients fail to take any or all of their prescription medicines



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SUPPORT GROUPS

AL-ANON GROUP - *For more information, call 608-562-5611.*

- Mondays, 7 pm, at Mile Bluff Medical Center in Mauston

SPECIAL EVENTS & SCREENINGS

LOOK GOOD... FEEL BETTER® - *For more information and to register, call 608-847-9877.*

Ladies currently receiving cancer treatments at any medical facility are invited to attend this free session to learn beauty techniques to help combat appearance-related side effects of treatments.

- Tuesday, August 1, 9-11 am, Mile Bluff Medical Center in Mauston

PASSPORT TO HEALTHIER LIVING WITH DIABETES - *Call 608-847-1846 for more information.*

Receive tips on how to better manage your diabetes through diet, medication management, glucose monitoring, and stress management. This free session will be held at 1 pm at Mile Bluff Medical Center in Mauston.

- Thursday, August 3

HEALTH FAIR - *Appointments are required for all tests and consultations.*

-**FREE** blood sugar and blood pressure screenings

-Total cholesterol tests (no fasting) for \$10, or lipid profile tests (12-hour fasting) for \$20

-Heart disease and diabetes risk assessments

- Thursday, August 10, 7 - 11 am, Mile Bluff Medical Center - Mauston
- *Call 608-847-1845 for appointments.*
(Hearing screenings 8 - 11 am)

FREE PHARMACIST CONSULTATION - *Call 608-847-1845 for appointments*

Meet with a pharmacist to discuss medications, and concerns or questions you have about them.

- Thursday, August 10, 7 - 11 am, Mile Bluff Medical Center - Mauston

7TH ANNUAL GOLF OUTING - *Call 608-847-1495 for more information.*

- Thursday, August 10 at Castle Rock Golf Course in New Lisbon

6th ANNUAL CRASH FOR CASH - *Call 608-847-1495 for more information.*

Raffle tickets will be available at Mile Bluff this summer for just \$20; only 300 will be sold.

Each ticket buys a numbered golf ball that will be dropped from over 50 feet in the air - the three landing closest to the target will win cash prizes of \$1,500, \$1,000 and \$500.

- Sunday, August 20 at the Juneau County Fair. *During intermission of the afternoon combine demo derby*

SAVE THE DATE

10TH ANNUAL WOMEN'S NIGHT OUT - *Call 608-847-1495 for more information.*

- Thursday, October 5 at Mauston High School

4th ANNUAL AUTUMN SCAMPER 5K RUN/WALK - *Call 608-565-2000 for more information.*

- Saturday, October 7 in Necedah

DINING CENTER PAGE

Hello from Bluffs in Camp Douglas

Just to make sure everyone knows where our senior dining center is located: Lower level of the Camp Douglas Village Hall. We serve Camp Douglas, Hustler and New Lisbon congregations and homebound. When we started putting up flyers for the Dine at 5, there were phone calls about the location. So whether you want to come for lunch Monday thru Thursday at 11:30am or supper the second Tuesday of each month at 5:30pm, you will know where we are located. I missed the July's Dine at 5 because I was on vacation. A few people that did go have told me how good the barbecued ribs were. If you didn't go, you missed out on really good food. The New Lisbon Community Supper is for everyone from 4:30-6pm the last Tuesday of the month. It doesn't matter where you live. We had root beer floats on July 5th. It was one of those steamy days!

Nancy Nelsen, Bluffs Site Manager



Elroy Senior Mealsite:

Here it is August already. The kids will be going back to school at the end of the month. Where did summer go? Hope everyone had a great summer spending time with friends, family and enjoying vacations. Hopefully the gardens produced an abundance of vegetables and fruits and you got to eat your fill of fresh produce. Did the canning shelves and freezers get full at your house for this winter? Don't forget the mealsite if you have too much fresh produce for your own use. A heads up for a coming event in Sept: Juneau County Elder Benefits Specialist from the ADRC office will be at the Elroy mealsite on Thursday Sept. 21 to discuss open enrollment for Medicare Part C & Drug Program. There will be more information about this in the newsletter next month. The mealsite will be having the soup and salad bar on the 2nd Thursday of the month in August. Come and try it out. The Ageless is published from the Mauston ADRC office once a month. It always has a number of interesting articles in it along with the menus for all the Juneau County mealsites. Don't forget the trivia questions and word search puzzle; they are always fun to do. You can pick one up at any mealsite and at various locations in all the towns. Call any mealsite and they can tell you where you can get one. The senior bus is still doing the out of town bus trips every Friday. Check with the Mauston office at 847-9371 to see where they are going and to reserve a seat. To everyone with a birthday in August have a "Happy Birthday."

The sharing supper at the Elroy Methodist Church will be the last Wednesday of the month. Check this out; they always have a good meal to serve whoever comes.

Come and join your friends for a warm meal, friendship and fun.

We love to see new faces at any of the sites and don't forget, we can always use volunteers.

Karen Nelson, Elroy Site Manager

Hello Everyone,

It's that time again; another month has come and gone. We sure have had our fill of rain and heat this month. Hope that all of you have been keeping well hydrated and that your homes have not suffered any damage due to the rain and wind.

Everyone at the Mauston mealsite wants to wish everyone who has an August birthday a very Happy Birthday.

August 21st is Senior Citizens' Day. I would like to invite any senior who wants to come on down for cake and ice cream that day. Please feel free to stop by. Lunch that day will be ????. Call ahead to 547-2802 and let me know if you are coming for lunch. We will be playing bingo starting at 10:00am. Our black-out prize will be worth coming in and playing. A beautiful afghan has been donated for this occasion. Please come on down and try to win it.

If anyone has an oversupply of fresh vegetables, please bring them in and share. Passing it forward is always a good feeling.

DJ Jones will be here on August 16th for your listening pleasure—good old country.

Have a fantastic month!

Karie Puhl, Mauston Site Manager



News from Wonewoc

Greetings from the heart of summer!! I feel so blessed to have enjoyed many bright blue skies throughout all of July. I hope you do, too. With the nice weather, we've enjoyed busy days at the mealsite with old friends and new and hope to throughout August.

I would like to devote most of my message this month reminding folks of our homebound meal program. I know in the Wonewoc area this worthy service is very underutilized. Homebound meals can be received four days a week indefinitely. You can also choose to receive meals only on the days you like the menu. Our service is also available for short periods of time while recovering from an illness, injury, or surgery. If you are 60 years old or older and cannot leave your home unassisted for any reason, you are eligible to receive our care. The meals served are made fresh daily at the Wagon Wheel and are promptly delivered by a caring volunteer delivery person. Dianne takes the time to visit a minute and can add joy to anyone's day with her winning smile. On the rare occasion Dianne can't make it, Donnie fills in nicely. If you think you or someone you care about can benefit from a homebound meal you may call the ADRC office in Mauston at 608-847-9371 or me at 608-479-1003.

Watch our calendar for fun on-site activities! Bon appetit!
Kristi Hubele-Shore, Wonewoc Site Manager



The photo is from Our House BINGO day with the amazing volunteer Joyce

Check out the Ageless newsletter online at:
www.co.juneau.wi.gov/adrc1



220 E. La Crosse Street
 Mauston, WI 53948

AARP DRIVER SAFETY COURSE

Mauston—Thursday, September 21, 2017

12:00 p.m. to 4:00 p.m.

Hatch Public Library

111 W. State Street

Mauston, WI 53948

\$15 AARP members

\$20 Non-AARP members

Payable to AARP at the door



Call 608-847-9371 to register.

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Answers to trivia page 4

1. Thurgood Marshall
2. Lee Harvey Oswald
3. President John F. Kennedy
4. Touch-tone
5. Martin Luther King Jr.
6. U-2
7. Zip codes
8. Catch-22



VOLUNTEER ESCORT DRIVERS NEEDED

The Juneau County Aging Unit is in need of volunteer escort drivers to transport elderly and disabled persons to medical, shopping, and other business trips in and out of Juneau County. Drivers can take as few or as many trips per month as they choose. Drivers must have proof of insurance, a clean driving record, and a desire to work with older adults and persons with special needs. Applications may be picked up at the Aging and Disability Resource Center/Aging Unit located at 220 E. La Crosse St., Mauston, in the basement of the Courthouse Annex. Call 847-9371 for more information about this volunteer opportunity.

2	3	4	9	8	1	7	5	6
5	9	1	2	7	6	8	4	3
6	8	7	5	4	3	1	2	9
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4	5	9	1	6	2	3	8	7
8	7	3	4	5	9	2	6	1
9	6	2	3	1	5	4	7	8
7	1	8	6	2	4	9	3	5
3	4	5	8	9	7	6	1	2

Solution to
 page 4

Live Life Laughing!

*It is always, Stay, Sit, Heel—never
 Relax, Sleep, Chew.*

